

# Capitol Hill Fitness Center

## Group Exercise Schedule

### DECEMBER 2014



**Capitol Hill  
Fitness Center**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00a		<b>Bootcamp</b> Kimberly	<b>Cycle &amp; Strength</b> Effie	<b>Bootcamp</b> Xavier	<b>Cycle &amp; Strength</b> Effie	<b>Bootcamp</b> Xavier	
11:30a		<b>Body Flex</b> Susanne	<b>Dance Fit</b> L'laina	<b>Pilates</b> Effie	<b>Body Flex</b> Kimberly	<b>Step &amp; Flex</b> Kim	
12:15p		<b>Step</b> Susanne	<b>Yoga</b> Denali	<b>Cycle Roadtrip</b> Larry	<b>Yoga</b> Susanne	<b>TGIF Dance Party*</b> Daniel	*Class begins at 12:30p. New attendees please come at 12:15p.
3:30p			<b>Step</b> Susanne		<b>Cycle Roadtrip</b> Larry		
4:15p		<b>Zumba Tone</b> Christy	<b>Body Flex</b> Floyd	<b>Zumba</b> Christy	<b>Dance Fit</b> L'laina		
5:15p		<b>Body Flex</b> Effie	<b>Bootcamp</b> Larry	<b>Body Flex</b> Effie	<b>Bootcamp</b> Larry		

Capitol Hill Fitness Center  
Tel: 404-232-1573  
dph-capitolfitness@dph.ga.gov  
Hours of Operation  
M-Th 6am - 7pm, Fr 6am -6pm

Fitness Center Manager  
Effelene Blackwell  
effelene.blackwell@dph.ga.gov

For information on  
DPH Worksite Wellness  
Programs contact:

DPH Worksite Wellness  
Coordinator  
E. Susanne Koch  
404-657-2566  
10-245

Please bring a mat or towel and water bottle with you to class!!! All classes are in the 2nd floor Group Exercise Room unless otherwise noted.  
We kindly ask that you BE ON TIME for classes as not to interrupt the instructor and to ensure you are properly warmed up to exercise.  
Please be dressed in athletic shoes for classes (no flats or bare feet)!

***The Capitol Hill Fitness Center will be closed on  
Wednesday, December 24 at 1:00pm - Friday, December 26 and at 1:00pm on Wednesday, December 31.  
Please note we will have reduced holiday hours from December 22 - January 2, 2015.***

